

Useful Hints

Woman and Home

Ethical Talks

The Morning Story

THE YOUNG DUELIST.
By Donald Allen.

Master Robert Roberts was the brother of Miss Mabel Roberts. Mabel was nineteen years old, and it was remarked by many persons that she had rather too much dignity for that age. Not that a girl shouldn't have some dignity, quite a bit of dignity, but unless she can throw out when occasion demands it rather than a young man might otherwise fall in love with her.

Young Roberts had not acquired his dignity—he was born with it. He had been the most solemn infant in the state. As a baby among boys, he had never been known to laugh heartily. When his risibilities were stirred a smile flitted across his face, but there was never a ha ha ha!

Aside from his natural dignity, young Roberts had a code of honor. It was very strict code. If he stole apples he took care to select the poorest ones. If he had difference with a boy he permitted that boy to run instead of fight. He was scarcely ten years of age when he challenged a tin peddler to a duel because the man kissed the Roberts cook at the back door. He looked upon it as taking advantage of a maiden in distress, though the cook was fifty years old and weighed 200 pounds.

The day that the honorable young gentleman was fourteen years old he went with his dignified sister Mabel for a spin in the auto.

The gardener was inclined to tell them he had heard the bridge over Goose Creek was not safe, but their dignity as they drove out of the lodge gates made him dumb.

In going a mile they met an old horse, two cows and three hogs, but native dignity was perfectly and properly maintained. Then they reached the trap destiny had set for them.

Mr. Giles Eaton, twenty-two years old, of the city, but stopping for a few days with his brother, decided on an auto drive. He turned up the road instead of down, because his sister-in-law said: "About four miles up the road you will come to a white house on a hill."

"And shall I buy it?"
"If you have the price. It's on the left-hand side."

"Good! My luck has always been left-handed."

"You may see a girl sitting on the veranda."

"A homely, red-headed girl?"
"No, sir. Good looking."

"And she will raise her eyes to me and blush?"
"If she raises her eyes to you at all it will be to give you a look to freeze your blood."

"But why?"
"Because her self-imposed dignity requires it. She has a young brother with all the dignity of a Mouse."

"Well, said the young man, 'I don't see the girl on the veranda I don't want to thaw her out with a smile. Haven't time, you see.'"

When he had proceeded along the road until the white house on the hill came into view his auto suddenly swerved into the ditch and broke. Nothing was broken, but when he stepped out the machine refused to move. After working with it for five minutes, Mr. Eaton saw that he must crawl under the auto to look for the fault.

Now, to do the crawling act in a proper manner one must remove his coat and vest and collar and tie. If he emerges alive he must have oil and smut on face and hair. He must also have a word or two to say.

Mr. Eaton was lying on his back under the machine when the brother and sister came up. As his auto stood across the highway the other had to halt. Miss Mabel had all her dignity with her, but something in the situation struck her as being ludicrous. She actually giggled. The brother didn't let down beyond a smile. Working with it for five minutes, Mr. Eaton saw that he must crawl under the auto to look for the fault.

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day. Miss Mabel had been told of the call and the apologies demanded, and what she was most surprised about was the sensible way that Mr. Eaton had taken the matter. He must have been laughing inwardly all the time at the young hotspur, but he had let him down very easy.

When Master Robert had made the introduction he went away to the other end of the veranda, and the apologist said: "I have come to beg your pardon for my language yesterday."

"But you were under your auto, you know," she smiled.

"I can't recall just what I said, but I will say the occasion justified them. You are now out of my debt, and I find that I am in yours."

"How is that?"
"You must have realized that my little brother is a Don Quixote."

"(Rather that way," was laughed.

NEW SLEEVELESS JACKET

Effective in Velvet



Velvet forms a new variation of the basque and moyenage styles so much worn during the past season. Being plain in itself, it is worn over a plain one-piece frock or serge. The new skirts are pleated, gathered or circular and measure yards about the hem. The voluminous circular skirt has met with instantaneous success.

Beautiful Complexion

BY LILLIAN RUSSELL.

I have thousands of letters from women asking for advice on every conceivable subject. The majority, however, want some advice for the treatment of the complexion. I always advise them, one and all, to consult a practitioner or physician if their cases are chronic, otherwise I give them a simple recipe or the names of my own complexion requisites, which I have proved by years of use.

That the majority of women will accept some alleged instructions, but only temporary beautifier in place of a systematic course of treatment which permanently beautifies is a sad fact.

Women must exercise common ordinary sense in the use of the beautifiers. The primitive Indian maiden was wise enough to use oils to lubricate her skin and cleanse her skin. If just the same amount of wisdom were to be exercised by the civilized women of the world their complexions would be benefited, and their general health improved.

The trouble lies in the lack of thought used by many women. When women use the beautifiers given them by nature they will all be beautiful one way or another.

Remember: All have brains and that part of the anatomy requires exercise as much as the muscles to acquire beauty.

Lillian Russell's Answer.

Mary: If you will practice this exercise every day you will not be bothered any more with round shoulders and flat chest; stand erect, weight on the ball of the foot, with hands on the chest, fingers pointing horizontally to the right, elbows on a level with the shoulders. With the eyes raised toward the ceiling, slowly bend the body forward at the hips, keeping the feet straight. Do not let the elbows sag. Practice deep breathing constantly.

Elizabeth: Will power is the best remedy I know of for biting your nails. If you will go to a manicurist and have your nails nicely manicured you will then be so proud of them that you will never want to bite them again. I shall be glad to send you my instructions for manicuring if you will send me a stamped, addressed envelope.

Jennie: Your backaches may be caused by flat foot or broken arches, resulting from ill fitting shoes or the strain on the feet by wearing heels that are too high. This condition needs the careful attention of a good orthopedic surgeon. The tiptoe exercise is helpful for the trouble. Stand on your toes, drop the heels down to the floor, and then spring on your tiptoes, dropping the heels again. This will relieve the strained condition. Practice with the feet bare.

Annie: Did you ever try the blowing method for reducing a double chin? Lift your head and blow at a bit of imaginary thistle down, keeping the chin straight, for about five minutes, supposing the thistle down to be on one side of you and then on the other. This tightens the muscles and rounds out the neck.

Caroline: The only thing that you can do now is to take the best care possible of your hair. It will gradually change back to its natural color, but it is streaked for a while. There is nothing you can use to restore it. Shampoo it at least once every three or four weeks. I have a formula for a shampoo for blonde hair which I shall be glad to send you if you will send me a stamped, addressed envelope.

"He has got both a high and absurd sense of honor."

"It is no great fault, and as he grows older he will see things differently."

From this they branched off into a general talk, and at the end of thirty minutes, when the apologist took his leave he was invited to call again.

"Well, did you have an ice-water bath?" asked his sister-in-law.

"Say, Sally, she's the nicest ever!" was the fervid reply.

"Only just enough to make a book agent jump the fence. I shall fall in love. I shall marry. We shall out-turtle the turtle doves."

And months and months later it was Robert Roberts who reached out his hand and said: "Glad you are to be my brother-in-law, but I may have to challenge you some time again."

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times extends into these bony air-spaces. This is mastoiditis. The danger is involvement of the brain, from which the mastoid bony air-spaces are separated by a paper-thin wall of bone. If this wall becomes eaten away by inflammation, pus, then very serious results ensue and life is endangered. Operation is the only safe treatment for mastoiditis.

M. W. writes: How soon is scarlet fever communicable? And how soon does it become safe for the patient to mingle with other people?

Reply: Scarlet fever is communicable from the moment of first exposure. The danger is that it becomes safe to remove quarantine only when nasal or throat discharge has ceased, and all ear discharges or other discharging complications are healed. A rule six weeks is the period of isolation.

Mr. C. V. A. writes: Is it advisable to have children's temporary teeth treated by the dentist if they decay?

Reply: If all means have been exhausted, and the child has a little cavity in a child's tooth, may be the part of entry for tuberculosis. The first cavity encourages further decay, just as a rotten apple in a barrel is apt to spoil the others. If the primary teeth are kept sound, the permanent teeth will come in even and give little trouble in after life.

Richard M. Dudley asks: Is there any special precaution we can take to escape the typhoid? Our water supply is under suspicion and our city has a high typhoid rate always.

Reply: First, you can boil all your drinking water. Second, you can fight flies all the year round. And finally, if you wish to make it certain, you may be vaccinated against typhoid by your family doctor.

Standard Meals

BY MARTHA WESTOVER

Richmond women are so alive to the need of adding a theoretical study of domestic science to the curriculum of practical work in the household, that they have succeeded in getting Mrs. Rohrer, the world-famed cook, to come to Richmond the week of February 22 and give practical demonstrations in the new housekeeping.

Mrs. Rohrer has made housekeeping, especially in a culinary sense, a science, and in a six-day demonstration of the theory and practice of the art, housewives will gain as much as they could learn for themselves in a year's study. These meetings will be held in the Miller & Rhodes Annex on Sixth Street, and it behooves all women who are going to attend her classes to brush up on the food principles now.

For guidance in the selection of food, nature provides us with instinct and taste, but we are apt to be influenced too much by taste, and to overlook instinct and experience. We need also to acquire the knowledge of foods that science has made possible through the laboratory. We need more food is eaten than is needed for the digestive organs are overtaxed or injured, and much energy is used which might have been put to better use. This is woman work. She must not do it in a haphazard way. The lives, the success of our families, depend on our ability. It is "up to us" to be efficient.

TOMORROW'S MENU (THURSDAY).

Breakfast.
Sliced bananas 10
Corn Puffs 10
Fried bread 10
Cocoa 10

Luncheon.
Salmon croquettes 15
Baked sweet potatoes 10
Whole wheat bread 10
Stewed apricots 10
Tea 10

Dinner.
Split pea soup 05
Roast pork 30
Creamed cabbage 10
Lima beans 05
Apple sauce 10
Sweetened corn 10
Coffee 10

Total 1.39

Creamed Cabbage—Chop into fine dice. Boil in salted water until tender and mix with white sauce. The food value of cabbage is 77 per cent water, 1.2 per cent protein, 1.2 per cent fat. When used with dried beans, which are one of the other dishes on the dinner menu, it is a good combination for beans are 17.5 per cent protein and should be served with other vegetables light in protein.

AMUSEMENTS

Annette Kellermann Next Week.

The most interesting event that the city has known for many years will take place at the Academy of Music next Monday, February 8, when Annette Kellermann, the famous diver, will make her debut as a musical comedy star. The first water, it is hoped, "The Model Girl" which has been selected as the vehicle that will bear "the perfect woman" away from the movies and the vaudeville stage to the realm of musical comedy, is from the pen of Anne Caldwell, with music by Raymond Hubbell.

While the piece is a musical comedy, with a coherent story and many melodic moments, it is also a carefully constructed with a view to exploiting the star's varied and unusual talents. Opportunity is given her to display her ability as a dancer and fencer and to prove to the public that she is also a singer, but the wonderful figure and unusual aquatic skill that have hitherto brought her international fame will in no sense be hidden. During the action of the musical comedy, occasion will be taken to show a large, glass-sided tank, which will be installed upon the stage of the Academy.

The play, "The Model Girl," is undoubtedly attract the attention of the American theatrical world, and therefore should be of some interest, at least, to Richmond people. There will be a performance on Monday, Tuesday and Wednesday nights and Wednesday afternoon.

Former Nurse in Odd Fellows' Home Gives Police a Puzzle.

NEW YORK, February 2.—Fred Mors, who said he was a former nurse in the Odd Fellows' Home, gave the police a puzzle today by walking into the district attorney's office and announcing that he had killed "eight superannuated old men" in the world. He said he had used poison and anaesthetics. Mors was committed to Bellevue Hospital for examination into his sanity. The Yorkers authorities were notified of his story.

It was learned that eight aged patients had died in the Yorkers institution while Mors was employed there. Mors had been a nurse at the home, where he had died from natural causes. Investigations, however, were begun by the coroner and the police.

Questions and Answers.

R. G. writes: Please explain what mastoiditis is, and what are the dangers involved in an attack.

Reply: Bony air-spaces in the temporal bone behind the ear canal communicate with the "middle ear"—the ear inside the drum. Inflammation of the middle ear—a gathering—some-

HOUSE MUST VOTE EARLY TO SAVE M. M. CLAIM

No Chance for Bill, Unless Suspension of Rules Is Secured.

NICHOLS GOES TO WASHINGTON

Superintendent of Military College Will Confer With Virginia Representation in Congress on Plan to Secure Vote.

Unless the United States House of Representatives passes under a suspension of the rules the Senate bill appropriating \$100,000 as restitution to the Virginia Military Institute for the destruction of its buildings during the War Between the States, by Federal troops, the measure bill will die on the calendar with the adjournment of the present Congress, and the repayment will be indefinitely delayed, if not lost completely.

This is the view that was taken yesterday by General E. W. Nichols, superintendent of the Virginia Military Institute, who spent the day at the Jefferson Hotel. General Nichols left last night for Washington, where he will confer to-day with members of the Virginia representation in Congress upon a plan to secure an early vote on the measure.

It is now only a question of getting a vote on the bill. Said General Nichols, "The present position on the House calendar it will be impossible to reach it in the regular order before March 4. In order to bring it before the body for a vote it will be necessary to suspend the rules, and for which a two-thirds vote is needed."

The bill was introduced by Senator du Pont, of Delaware, and was passed unanimously by the Senate after a favorable report from the Senate Committee on War Claims. The House Committee on War Claims reported it favorably and now the problem is how to get a vote on it. The bill is practically assured of passage once it comes to a vote.

The bill provides a partial reimbursement for the property of the Virginia Military Institute which was destroyed on June 12, 1864, by General Hunter. The patron of the bill, Senator du Pont, served as an officer under General Hunter at the time, and was a witness to the destruction of the buildings.

DR. ALDERMAN DOES NOT THINK WAR WILL END SOON (Continued from First Page.)

often been in the wrong, and so has the United States, but in the present instance England's diplomacy seems to be without fault. There was no way for her to keep out of the war and keep on her back a rag of respectability.

Not did France want war, Dr. Alderman considered, for the preoccupation of France was essentially that of peace. But there was no way out for France except by shameful sacrifice. And last, but by no means least, Belgium did not desire war, for Belgium was happy among her fertile fields and content with her stand among the nations. Yet the shot which killed the heir to Austria's throne in Bosnia brought catastrophe and desolation to Belgium's fields. Against her will she was brought into the throes of war, and to-day her population is gone, and she is a beggar among the nations of the world. Yet, averred Dr. Alderman, Belgium has saved her life by losing it.

WHEN ONE THINKS OF BELGIUM "It is difficult to maintain a neutral mind when one thinks of Belgium," said Dr. Alderman, "and in after-years her desolation and her anguish will plague all honest Germans."

The ultimate causes of the war, he contended, "lie in the fact that Europe is Europe, and Europe is a territory of different and antagonizing racial instincts and contending idealisms of politics, believing in a doctrine of force and having faith in armaments."

And again, Dr. Alderman continued, the war owes its origin to Bismarck and Napoleon, to the theft of Schleswig and Holstein from Denmark, and the taking of Alsace and Lorraine from France. It lies in the logic of history. There are economic causes also to be considered, and Dr. Alderman expressed the belief that if there were no protective tariff there would have been no war.

In discussing the possible positions of the belligerents after the war, Dr. Alderman said that England was in the greatest peril, for she is but a lonely island girl with a ribbon of sea, prey to all if her naval strength be destroyed.

man said, are as absolute as mastodons, all nations except Germany have attempted their realization, and now Germany is embarked upon the scheme of ancient Rome. He would not have Germany destroyed, but he expressed desire that her efficiency be met by a neutrality, leaving her intact at the end and again a leader in the inspiration of the world. He thought that England ought to have entered the war even if Belgium's neutrality had not been violated, for it was a question whether England would be England still, or occupy an humble position like that of Holland.

"The war will not end quickly," said Dr. Alderman. "It will end when the British fleet is destroyed or Germany's power is destroyed by economic exhaustion. I had believed that the end would come soon, but now I thought the end to be beyond forecasting, beyond the power of prophecy. But when the war shall have ended, I hoped there would be a congress of the nations, in which common sense and mutual sympathy would hold sway, and in which there would be no desire for national aggrandizement. And the final opponents to be mutually made would be the remnants of the slave trade to France, the settlement of Slav question and the liberation of Poland."

In conclusion Dr. Alderman said that the "eyes of the world are on America, for hope lies here, and confidence and the right to live and work in peace, and here the ideals, not of Bismarck and Napoleon, but of Washington and Jefferson, are those which the people seek."

The chief lesson of the war, Dr. Alderman said, is not preparedness, but a grim determination not to be prepared for war, but it with him, foolish, he thought, not to devote the nation's military resources, especially the navy. And to this end he recommended the Swiss method, whereby Switzerland, though she threw 300,000 troops in a week around her borders, was the most unimpaired nation in the world.

"We should not be preoccupied with war, for democracy thinks of something else, and in the German mind, always unprepared for war. And if the German philosophy should ever obtain in America, then God held the world. Our greatest measure, as measured by our service to mankind."

CLAIMS HE KILLED EIGHT

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DELEGATE CLEMENT FOUND DEAD IN HIS BED

Member From Pittsylvania County Passes Away From Heart Disease.

WAS SIXTY-FIVE YEARS OLD

Both Branches Take Appropriate Action on His Death, and Naming Committees to Escort Body to Its Last Resting Place.

WASHINGTON, February 2.—Ambassador Page, at London, cabled the State Department to-day that the British fleet had been ordered to treat grain and flour cargoes destined for Germany or Austria, as conditional contraband, subject to seizure and confiscation. This step, the ambassador explained, was taken because Germany had decreed confiscation of all grain and flour to conserve the nation's food supply.

Since the publication of the general order, the ambassador here, Count von Bernstorff, has personally assured the American government that no food-stuffs imported from the United States or other neutral countries would be seized by the German government, and press dispatches have announced the issuance of a modifying decree making such exemptions for the government.

Ambassador Page said Great Britain had agreed that an exception would be made in the case of the steamship *Wilhelmina*, now bound from New York for Hamburg with grain and other food, because she had sailed before the German decree was issued. The vessel would be seized, it was said, but she would be released and her cargo purchased at invoice price by the British government. Warning was given, however, that hereafter, similar shipments, as well as the vessels, would be seized and confiscated.

This announcement added a new phase to negotiations that have been in progress intermittently since the beginning of the war in regard to the right of neutral states to ship food to belligerents. In the British note regarding the *Dacla*, it was stated that it had been decided not to interfere with the shipping of foodstuffs, but were intended for noncombatants, and were for the army or government with which England was at war. It was intimated, however, that exceptional conditions might bring some change in this plan.

The State Department has not decided what shall be done. As a preliminary, it has advised the W. L. Greene Commission, Company, of St. Louis, owners of the *Wilhelmina's* cargo, of the British government's determination to appropriate the cargo and pay for it. Ambassador Page has been asked for further information on the general subject.

DEMONSTRATIONS AGAINST HIGH PRICE OF BREAD

ROME, February 2 (12:25 P. M.)—Demonstrations over the high price of bread continue, especially in Sardinia. At Sassari, capital of the Province of Sassari, Sardinia, rioters broke into a bakery and looted it.

Troops dispersed the demonstrators.

SUFFERED AWFULLY NOW QUITE WELL

A Lady's Suffering Was So Intense, That At Times, She Was Unable To Straighten Her Body.

Walnut, N. C.—"About 12 years ago," says Mrs. S. W. McClure, of Walnut, "I began to fail in health, getting worse all the time. I wasn't able to do my work, suffering awfully at times with pains in sides, especially the right side, and none of the time was I well."

Sometimes I could not straighten up my body for the intense suffering. I suffered more or less all the time, and was irregular.

As Cardui had helped others, I started trying it. I bought six bottles, and after using two or three bottles, I commenced improving, getting better all the time, until I was entirely well.

I became strong and healthy, gained flesh, weighing 123, being just a shadow when I commenced taking Cardui. My work is a pleasure, and I feel like doing my work since, for the cure was permanent, and I have been well and strong ever since.

Cardui is a fine medicine for suffering women, and I recommend it to all my friends who have womanly trouble."

Thousands of women have written to tell of the help Cardui has been to them. Cardui is a mild female tonic, acting especially on the womanly organs. It has shown itself of great value to sick, weak women. It is surely worth a trial.

Begin taking Cardui to-day.

HATS TO BE MORE EXPENSIVE

Handwork Will Be Responsible for Increase in Cost.

CHICAGO, February 2.—Hats for women are to be more expensive this year, if styles displayed at the convention of the National Association of Milliners here to-day are followed.

Handwork would be responsible for the increase, it was said. Handmade grapes and flowers will be the chief decoration of the late summer creations. Salor hats are to be popular, but a novelty which, it is expected, will be worn much, is a high hat, fashioned like a man's opera hat.

RESINOL BEGINS TO HEAL SICK SKINS AT ONCE

You don't have to WONDER if Resinol Ointment is doing you good. You KNOW it is, because the first application stops the itching and your tortured skin feels cool and comfortable at last. Why don't YOU try this easy Resinol way to heal eczema or similar skin eruptions? Resinol clears away pimples, too, and is a valuable household remedy for cuts, sores, burns, chafings, etc. It has been prescribed by doctors for 20 years and contains nothing that could irritate or injure the tenderest skin. Sold by all druggists. For free trial, write to Dept. 2-R, Resinol, Baltimore, Md.

Any Piece of Jewelry Repaired in Our Shop Is Done Right

Every job is turned out like new. Expert watch and clock repairing is a specialty with us. A trial job, if matters not how small, will convince you that we know how work should be done. Our stock of Diamonds, Watches, Clocks, Cut Glass, Silverware is worthy of your inspection.

BRITISH FLEET WILL SEIZE FOOD CARGOES

Grain and Flour Destined for Germany to Be Treated as Conditional Contraband.

PAGE CABLES WASHINGTON

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